

# Scientastic!

## GET YOUR FACTS STRAIGHT!

### HOW MUCH DO YOU KNOW ABOUT SLEEP?

#### ANSWER KEY

1. **Biological Clocks are real and everyone has one.** **True:** Everyone in the world has a biological clock in their brains. Its function is to determine a person's sleep patterns or cycles.
2. **Drinking coffee or energy drinks is a way that a person can cure their drowsiness.** **False:** These drinks contain a stimulant called caffeine. Caffeine can work as a temporary fix for the feeling of drowsiness but it is not a cure. The only real cure for feeling drowsy is to allow your body to catch up on the sleep it needs.
3. **You can still be considered a safe driver if you are feeling tired or drowsy.** **False:** When a person is sleepy they are not as alert as they are when they have had a full night's sleep. This means that when they are driving while tired they are not as alert and focused on the road as they should be. Driving while tired makes them less safe drivers and they can potentially make them a danger to themselves and everyone else on the road.
4. **Almost everyone in the American population is getting the amount of sleep they need.** **False:** Currently, over half of the American population have reported that they are not getting enough sleep. In most cases the average adult person needs to sleep for approximately 8 hours every night. This number is different for adolescents and children.
5. **When you are sleepy it is more difficult for you to focus and think clearly.** **True:** When you are drowsy you are not as alert as normal and your ability to process information decreases. Your reaction time also decreases.
6. **Most adolescents only need about 6 hours of sleep to function at their highest ability.** **False:** Most adolescents actually need 9 hour of sleep to perform at their peak functioning level. Many times students misinterpret their ability to stay up later as an ability to function without as much sleep as they really need.
7. **Driving can make you feel sleepy.** **True:** Driving itself does not make you sleepy but it can make your actual sleepiness level more apparent. This leads to the assumption that the driving is actually causing your sleepiness. As we saw in number 3 a drowsy driver is not a safe driver so, it is better to avoid driving while tired and your ability to function is below the normal level.
8. **Sleep is when your brain and your body take a break and regain energy lost throughout the day.** **False:** Sleep is not an inactive process where your body shuts down. Rather it is a time when some brain activity actually increases such as hormone secretion. Sleep, like all biological processes is dynamic.
9. **Changing your sleep schedules will not have a major effect on your body because it is able to respond quickly.** **False:** That biological clock discussed in Question 1 works based on a normal day/night scheduled set by our sleeping patterns. By changing our sleep patterns we interrupt the function of our biological clock. This can also have adverse effects on our daily function.